

# 20 MINUTE PRE-PRACTICE/GAME MENTAL TOUGHNESS EXERCISE

## FOCUS TIME!

**IT ALL STARTS IN YOUR MIND!**



### **4 C'S: CONTROL, CONFIDENCE, COMMITMENT, CHALLENGE**

- ✔ **Control-** I am in control of my thoughts and feelings (Repeat):
  - Where's your head at today?
  - Talk with your partner.
- ✔ **Challenge-** I treat every challenge as an opportunity not a threat (Repeat):
  - What's holding you back?
  - Talk with your partner.
- ✔ **Confidence-** I am confident in my abilities:
  - Affirmation/Gratitude- Create 10 affirmations as a team.
  - EVERYBODY REPEATS
- ✔ **Commitment-** I am committed to myself and my team:
  - Goal reminders- Create 5 as a team.
  - Repeat them as a team.

**Tips:** Ask what steps as individuals and teammates are they going to take to accomplish their goals.

